

# Community Health Workers Reduce the Spread of HIV

[www.theHIMMproject.org](http://www.theHIMMproject.org)



# The HIMM Project

**The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:**

- **HIMM = High Impact Men's Movement**
- 5 year grant which began in 2015, funded by the CDC (PS15-1502)
- Grant Year = July 1<sup>st</sup> to June 30<sup>th</sup>
- HIV Prevention among MSM priority populations:
  - Black MSM ages 18 – 64
  - Latino MSM ages 18 – 64
  - White MSM ages 18 – 64
  - KC CARE Health Center

# The HIMM Team



**Carter Stephenson**  
*Behavioral  
Intervention  
Specialist  
(CLEAR)*



**Elmer Corado**  
*Prevention  
Specialist*



**Jonathon Antle**  
*Program  
Coordinator*

# The HIMM Team



**Russell Campillo**  
*Peer Educator*



**William Bruton**  
*Community  
Health Worker  
(PrEP Navigator)*

# The HIMM Approach

- Sex-Positive
  - We celebrate sexuality as a wonderful aspect of life which is important physically, mentally, and emotionally
- No judgement (sexual behavior, drug use, etc.)
- Focus on Education & Access to Services
- Respectful of Informed Choices
  - We view our role as ensuring clients are making informed sexual choices. We don't shame clients for making less healthy choices, such as not using condoms or having 50 sex partners over 12 months.
- Harm Reduction
  - A strategy that aims to reduce the harms associated with certain behaviors.

# AIDS

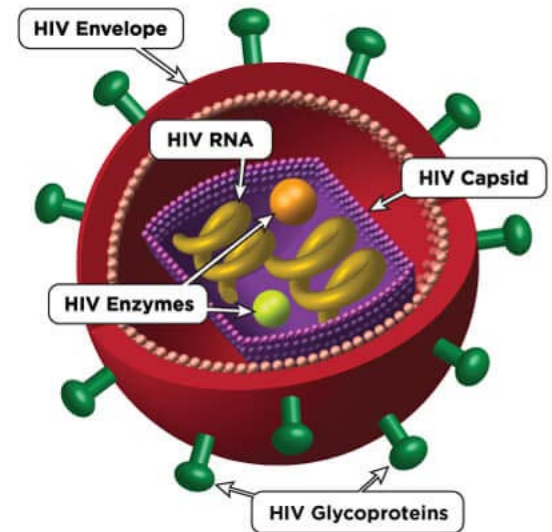
*What are you thinking?*

# HIV $\neq$ AIDS

- Someone living with HIV may or may not be diagnosed with AIDS
- Someone diagnosed with AIDS is living with HIV
- Language matters:  
HIV and AIDS are not synonyms 😊

# HIV

- Human Immunodeficiency Virus
- HIV is a virus spread through certain body fluids that attacks the body's immune system, specifically the CD4 cells, often called T cells.
- Unlike some other viruses, the human body can't get rid of HIV completely, even with treatment. So once you get HIV, you have it for life.





# AIDS

- (Acquired Immunodeficiency Syndrome)
- AIDS is the most severe phase of HIV infection. People with AIDS have such badly damaged immune systems that they get an increasing number of severe illnesses, called opportunistic infections.



# HIV Treatment

- HIV is treated using a combination of medicines to fight HIV infection that keep people living with HIV healthy
- This is called antiretroviral therapy (ART)
- The combination of medications interrupt the HIV lifecycle at multiple points, lowering the amount of virus in the body



# Biomedical HIV Prevention

U=U

PEP

PrEP with a CHW

---

# HIV Treatment is Prevention

**U=U**

**UNDETECTABLE  
=  
UNTRANSMITTABLE**

A PERSON LIVING WITH HIV  
WHO HAS AN UNDETECTABLE  
VIRAL LOAD DOES NOT  
TRANSMIT THE VIRUS TO THEIR  
PARTNERS.

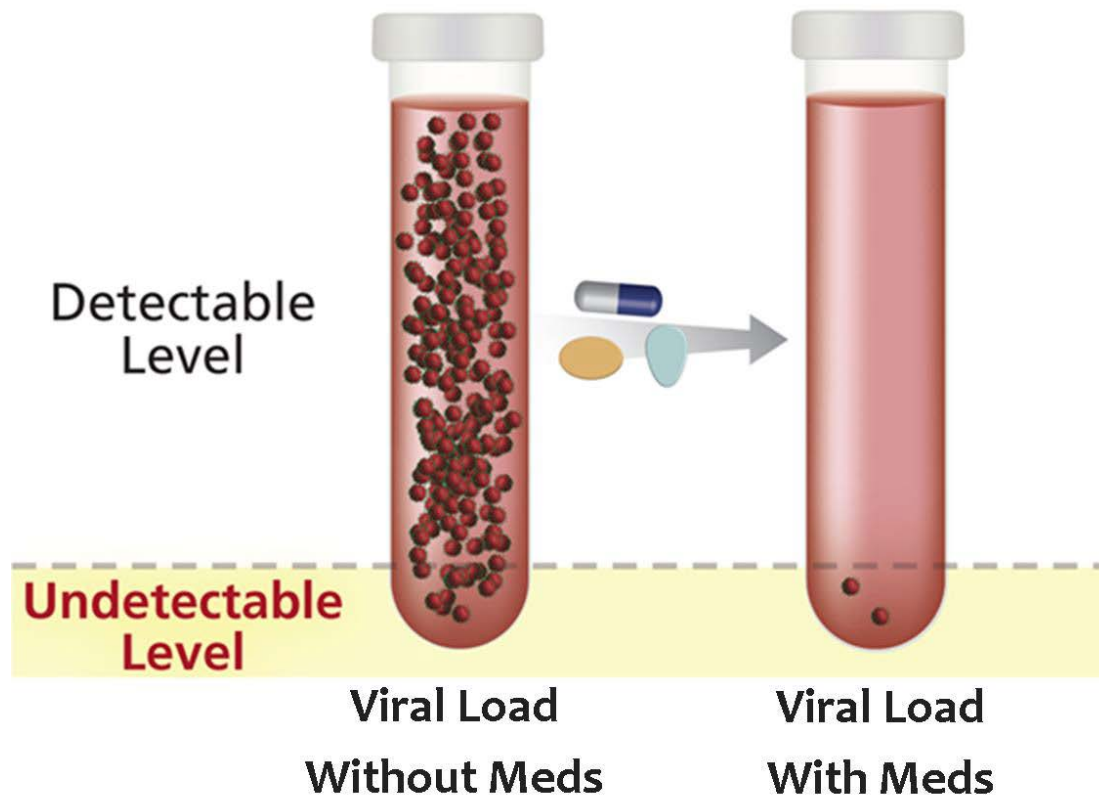


The International AIDS Society is proud to endorse the U=U consensus statement of the Prevention Access Campaign.

# HIV Treatment is Prevention

- The U.S. Centers for Disease Control and Prevention (CDC) confirms that "people who take ART daily as prescribed and achieve and maintain an undetectable viral load have effectively no risk of sexually transmitting the virus to an HIV-negative partner."

# Undetectable Viral Load



# Biomedical Prevention of HIV

- **PEP** (*post-exposure prophylaxis*)
- PEP is a medication regimen that someone who is HIV[-] can take **within 72 hours** of a possible HIV exposure to reduce their chances of becoming HIV[+].
- Because **PEP** is so time sensitive, it may not work as well as **PrEP** at preventing HIV.
- PEP can be difficult to access in KC, but is available through KC CARE

# Biomedical Prevention of HIV

- PrEP (*pre-exposure prophylaxis*)
- PrEP is a once-a-day medication that is extremely effective at **preventing** someone who is HIV[-] from getting HIV



**HI MM** The HIMM Project  
Published by Elmer Armando Corado [?] · Yesterday at 9:45am · 🌐

Latino on PrEP. I've been on #PrEP 5 months now. If I can do it, so can you! One pill a day prevents you from getting HIV. It's fun and safe! 😊😊

🙄  
#HIMMkc #GayKc #Truvada #PrEP

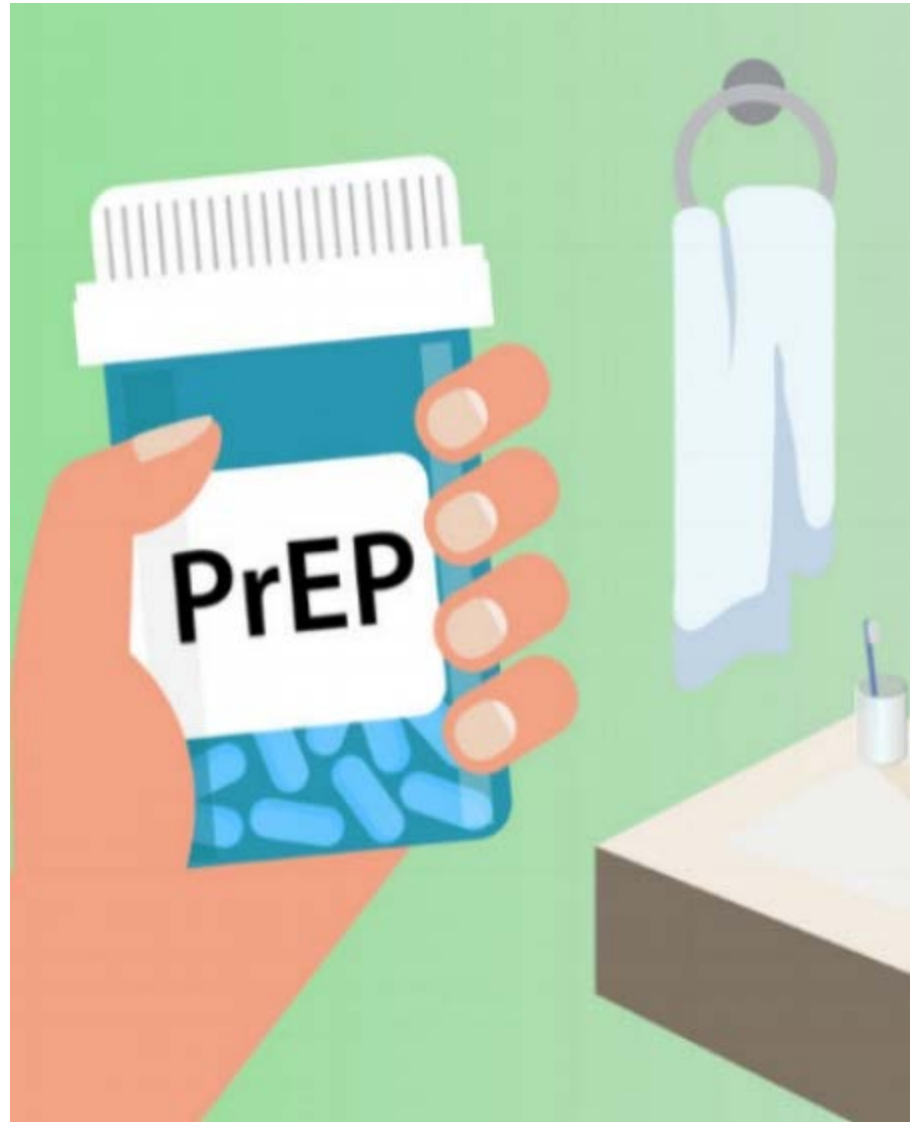


A close-up photograph of a young man with short dark hair, smiling broadly. He is holding a small, light blue, oval-shaped pill between his fingers. He is wearing a black t-shirt and has a small hoop earring in his left ear. The background is dark and out of focus.



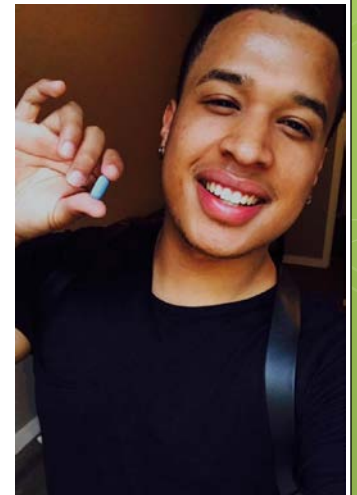
# Biomedical Prevention of HIV

- Truvada is the only FDA-approved Rx
- It is a very safe medication
- It has proven to be over 99% effective when taken daily
- Only prevents HIV, not other STIs



# Fighting Stigma

- HIV Stigma is a major root cause of the persistence of the HIV epidemic, especially among MSM of color
  - Stigma of MSM getting HIV can serve as a “self-fulfilling prophecy,” where men subconsciously put themselves in high-risk situations
  - Stigma reduces likelihood of testing out of fear of the result
  - Stigma reduces likelihood of engaging in treatment
  - U=U community education is important!
- PrEP Stigma is new, and is similar to the stigma initially surrounding birth control
  - This stigma makes men less likely to use PrEP out of fear of “slut-shaming”
  - De-slutting PrEP through community education





# KC CARE PrEP Referral Process

- Self-Referred
  - Walk-in, Website, Phone, Email, or Text
- Provider
- HIV Test (in-clinic/outreach event)
  - Indicates on testing form if interested
  - Selects a High Risk Indicator
    - Drug/Alcohol Abuse
    - Homeless
    - Safety Concerns
    - Unsafe Sex Practices

# Biomedical Prevention with a Community Health Worker

- Patient Centered Model
- Address Social Determinants of Health
- Navigate Healthcare Systems
- Medication Adherence
- Goal Completion
- Achieve Self-Sufficiency



# CHW/PrEP Navigator Dual Roles

- Clients are contacted by phone, text, or email based on what they indicated as their preferred contact method
- Clients are assisted in accessing PrEP through KC CARE, their PCP, or another provider based on their needs
- Clients are assisted with applying for discount programs to reduce/cover the cost of medication. (Truvada)

# CHW w/a PrEP Focus

- Meets clients where they are
- Offers individualized patient-centered PrEP navigation
- Provides support in accessing PrEP, including reminders and attending appointments with clients
- Assists in accessing co-pay assistance or PrEP financial assistance for the uninsured
- Helps clients troubleshoot issues with insurance or copay assistance regarding PrEP

# CHW w/a PrEP Focus

- Conducts a client needs and goals assessment covering 13 points ranging from housing to behavioral health to food security
  - Aids in addressing social and health concerns and working with clients on reducing barriers to accomplish goals & be successful
  - Referrals to primary care, behavioral health, dental care, HIV/STI testing, sexual health education, food banks, etc.





## KC Resources:

[theHIMMproject.org](http://theHIMMproject.org)

[KCCARE.org](http://KCCARE.org)

KC HIV Testing Text Line – 816.663.9842

## PrEP Resources:

[tinyurl.com/PrEPwCDC](http://tinyurl.com/PrEPwCDC) (Provider/Client 101)

[tinyurl.com/GileadPrEP](http://tinyurl.com/GileadPrEP) (Discount Program)

[PrEPlocator.org](http://PrEPlocator.org) (Locate a Provider near you)

[PrEPcost.org](http://PrEPcost.org) (Insurance Cost Comparison)